CONNECTEDNESS OF THE PARENTS’ PHYSICAL ACTIVITY AND LEISURE TIME WITH THE INVOLVEMENT OF CHILDREN IN KINESIOLOGY PROGRAMS OF INSTITUTIONAL EARLY AND PRESCHOOL EDUCATION

Abstract
The aim of the study was to determine the link between the parents’ level of physical activity and their leisure time with the decision on the inclusion of preschool children in kindergarten kinesiology programs. The study was conducted on a sample of 112 parents of preschool children, 77 mothers and fathers whose children attend a regular kindergarten program, 35 mothers and fathers whose children attend an additional kindergarten sports program. The estimated levels of physical activity of parents were obtained using the Baecke questionnaire through which the following variables were reviewed: work index (WI1), sports index (SI2) and leisure time index (LTI3), education level (s) and income level (D). The correlation results show a significant connectedness between the variables of household income and education level with the work, sports and leisure time indices (only for fathers), and it can be concluded that people with a lower education and lower income level work in more difficult conditions and have less opportunity to become involved in sports activities during leisure time. The analysis results indicate that there are no statistically significant differences between parents whose children attend a regular program and parents whose children attend a kindergarten sports program. A statistically significant difference was found only among mothers in the variable work index. It can be said that the level of education, income, and indices of work, sports and leisure have no significant role in involving children in sports programs, but rather that different social statuses independently affect the sports activity of children.

Key words: physical activity, leisure time, parents, pre-school children, sports program